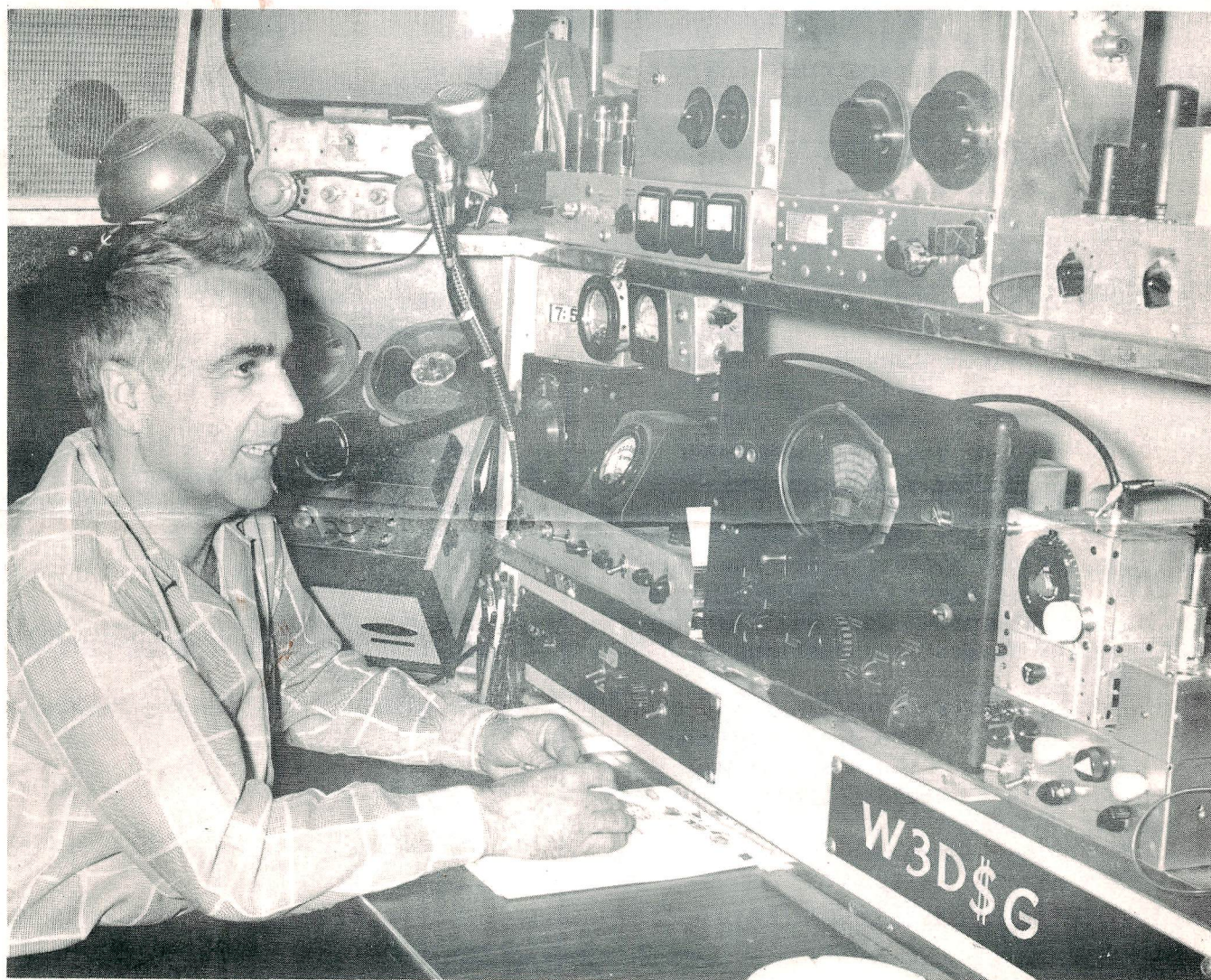




THE BLURB

PHILMONT MOBILE RADIO CLUB, INC.

May
1959



Published Monthly by the
Phil-Mont Mobile Radio Club, Inc.

VOL 8 MAY 1959 NO 5

EDITOR

Robert G. Thomas, W3QZO, EI 6-7330
1712 Belvedere Ave. Havertown, Pa.

STAFF

Publisher W3WNC
Cartoonists W3IM-W3DIZ-Barry
Tech Editors W3DOU-W3IRS
Typist W3WNC/KYL

CIRCULATION & PRINTING

W3JIL Boss Sticher Locastor W3ISG
Printer W3WNC Kibitzer W3IW

The "Blurb" is published by and for the members of Phil-Mont to further the interest of Amateur Radio in general, and Mobile Radio in particular. We endeavor to keep news accurate, interesting, and in a small way, educational. Any deviation from this is unintentional. Copying and quoting is permitted, provided credit line is included. Commercial use is not permitted, and subscriptions are gladly exchanged with other radio clubs.

DEADLINES

The "Blurb" is mailed on the last Thursday of the month. All material for the Blurb must be received by the Editor, QZO, before the fifteenth of the month.

1959 CLUB OFFICERS

PRES. John J. Tinaglia W3AWH
V. Pres. H. Paul Behlender W3VVE
SECT'Y Burton D. Baylis W3IVD
TREAS. Robert M. Lachman W3OEC
MEM. of DIR: W3's NIP, PKY, QQH, QZO, YJM
AND ALL 1959 CLUB OFFICERS

MEETINGS

Regular meetings are normally held on the 1st Monday of the month. Check the Calendar at right for the exact date. Meetings are held at the Germantown Town Hall, at Germantown Ave. and Baines St., starting at 2000 hours (8:00 P.M.)

NET & NET FREQUENCIES

Ch1 - 29493 Kcs Ch 3 - Unassigned
Ch2 - 29626 Kcs Ch 4 - 50.7 Mcs
Scrambled Egg Net, Weekdays, 0730-0830
Ten on Ten, Sundays, 1000-1100
Blarney Sessions, Anytime, Ch 1 or 2
29493 is monitored daily, 0830-2400
for the benefit of mobiles in Phila. area.

1959 CALENDAR OF EVENTS

May 4 Regular Meeting, 8 PM
Topic: Parametric Amplifiers
May Midmonth Meeting W3JMK QTH
June 27-28 Field Day-Tune mobile NOW
July 4 North Hills Parade
August 25 Picnic/Clembake
Nov 7 1959 Banquet

10-on-10 Attendance, March: 228

Visitors to April meetings:

W3EP K3AVU
W3LW K3EID
K3CJC K3LJE
W3FOZ W3KGX
Candy, AHP Harmonic

This month's cover:

Art & Reproductions: W3YHT
Photography: W3QZO
Model: W3DSG

Every word you read in the Blurb this month has been pounded out by Anne Becht whose generous effort makes this sheet possible.

PLEASE ADDRESS ALL COMMUNICATIONS FOR
THE BLURB TO THE EDITOR, W3QZO.

FROM THE PRESIDENT

Let's keep the frequency hot. This does not mean that there must be continual activity on 29.493. It merely means that a member whether at home or in his car at almost anytime of the day or night can send urgent traffic or find someone to share some time and thoughts.

Every President of Phil-Mont has urged more use of the frequency by more of the members. The more individuals who participate in any club project, the more successful it is from a club point of view. From a member point of view, the more the merrier, the more interesting and more enjoyable. A highlight of ham radio is the variety of individuals, beliefs, jobs, temperaments, and skills of those involved in the hobby. This is also the highlight of our club. We have banded together as a group to talk about radio and ourselves. Let's do just that - on 29.493.

Our frequency is monitored not only by members but also by others who enjoy hearing and sharing our responsible activities. Those who regularly tend the fire on the frequency enjoy it. Join them. They welcome you. You'll like it.

To put more fun in your life, try 29.493.

73 de W3AWH

-- SPECIAL FLASH--

W3PXV's XYL just presented Ex-Ed with an 8 pound, 14 ounce baby Boy - just as PXV predicted!!

W3AHP's harmonic, Candy, who has been to several meetings of late, has passed her Novice exam and is patiently (?) waiting for her ticket...Add W3SAA to the list of alternate drivers for the comm truck...The Mobile Sixer's have accepted our invitation to join us at the clambake, August 25...New mobile is W3QZO. It took ED only a year and a month to build new rig and get it installed. Both receiver and transmitter (2E26) are crystal controlled with Channel 1 rocks internal, and external socket with switch for any other frequency. Currently carrying Channel 2 and 29.520 quartz... W3FWI has latched onto a tube deal for cheap 807's and 813's, but price didn't seem quite good enough to appeal to majority of vocal participants at the April meeting... Ex-ED showed films of top secret antenna installation at Thule. PXV was not permitted to discuss this project because of tight security restrictions, but W3QQH, who had read all about it in Time Magazine and Action Comix gave a complete description of technical aspects. George was shown donning a Parka, heavy gloves, three kinds of socks, and heavy boots for his trek into the Arctic wilderness. Scene then shifted outside where Pix was huffing, puffing, stamping feet on ground and swinging arms to keep warm, but the mysterious part was that everybody else just wore light sweaters and spring jackets and seemed to have no trouble keeping warm! Seriously though, the pix were interesting, and showed "where the money goes"...The Literary Department of theBlurb is constantly on the lookout for new books that will probably become best sellers. Latest prospect to come to our attention was written by a cannibal, and is called "Ten Ways to Serve Mankind"...Prizes for the next meeting will be selected and picked up under the new system described elsewhere in this issue, by W3OWK...W3KNC was so anxious to call in to W3RQZ/International House that he upset developer being used in photo work - hobby Nr 896...Program at April meeting was film produced by Amoco of the 1958 sports car race at Sebring. If you missed the film, take a ride out the Expressway at 5:15, and see the same thing first hand. Only difference is, the race drivers know what they're doing.

\$\$\$ CHANGE \$\$\$ CHANGE \$\$\$ CHANGE \$\$\$ CHANGE \$\$\$

BEGINNING IMMEDIATELY, ALL DUES

REMITTANCES SHOULD BE MADE TO:

TOM DONNELLY, WAVEC - 5510 Warren Street, Philadelphia 31, Pa.

STAG NIGET - Cole but not (easily) forgotten:

There were 15 turkeys and 11 veals at the Alpine Inn for the Stag Nite midmonth blast, which sent W3YJM to the hospital for a very delicate operation to remove a piece of brass rail from his right foot. Guys showed up from all over, to make it one of those real fine occasions for in-person QSO's with seldom-seen friends. W3HFD came across for the first round, and was followed up by W3GCP, who picked up the tab for the second - it pays to get to S.N. EARLY! One of the club members from Narbeth seemed to like the Alpine Inn cocktails so much, he was even seen buying one for himself. W3IGW made the trip from Pottstown in record time with directions from W3YJM to the joint, and from W3OEC on return. A flurry of hoax announcements passed around during the dinner had everybody guessing who really did plan to have the gang in for a short business meeting after the feed. It was all started by W3QQH who invited the whole bunch to visit W3AWH QTH. John slapped a non compus juris prudence on the whole proceedings though, to wind up the dinner and head to the originally announced meeting place at HY's..... in a caravan down Sproul Road with shouts of turn here - go straight - bear left - no no - etc. It's your own danged fault if you weren't there.

THIS MONTH'S COVER

You've all heard of the five percenters and ten percenters, but our boy on the cover this month is a 100 percenter - Phil-Mont, that is, Son. This is one guy you never hear on another frequency chewing the rag; it's 29.493 or nuttin. Ernie has been operating mobile since 1947, although he got his ticket in 1933, and his radio interests go back to his joyous (?) childhood days. During the war he worked on all kinds of surplus gear like the BC-610, BC-221, and SCR-299 trucks, only it wasn't surplus then - Uncle Sammy still had his claws on it and Ernest was in the Air Force. When he got out, Ernie became a TV service technician-for the last eight years has been employed by the W. Cuff Co. The \$\$\$ was added to the W3DsG call when ole money bags was running the club treasury department, a job he handled expertly for many years.

As seen in the cover pix, all of D&G's ham gear is home brew except that Patterson PR-15 (circ. 1937), which he now has on a 99 year lease from W3CUB - only 98 more years to go. His intercom rig is on the shelf at the left with the 813 Channel Clearer Offer at the right. Below and at the right is his intercom receiver consisting of a converter feeding an 80 meter ARC-5.

Ernie's mobile lash up is a sight to behold. It has 13 lights, 17 knobs, a VFO, built-in PA system, and an auxilliary transmitter. The whole thing snaps in place with luggage catches so it can be removed for servicing or transfer to another car. Never satisfied, a new rig is being built fr the new Galaxy that will have xtal control on both transmitter and receiver. The fact that the "old rig" was completed just six months ago is immaterial; you just can't keep a good do-it-yourself ham down!

W3QQH announces that the Technigram booklet will have eleven reprints, and is small enough in size to be distributed free (Imagine, Phil-Mont GIVING something away)... When subject of certificates came up at MM, W3NIP immediately shouted, "Next Subject". It seems the rigors of moving took quite a toll of Chucks free time, but he is getting out the drawing pen and India ink for another go at the Olde English...W3YJM recently purchased a pocket radio which he obviously misused, because RCA products never break. He made such a noise about the 29¢ replacement knob that ED finally broke down and refunded the dough; and to show the good faith of IRC, W3JGB doubled the guarantee. So if you hear Charlie still griping about the knob, go out and fill up with Atlantic... A more strict budget is going to be required to keep the club in the black. That's the word from the NIP Audit Committee. We still have another banquet to finance this year with no prospect for much income from dues. Several methods have been discussed for easing the financial situation - which isn't at all serious, but just needs a watchful eye. One method is to reduce the cost of the Blurb mailing by resorting to third class, enabling us to send the same junk for a nickel less. This issue is going 3/c, so if you get yours late, let W3WNC or ED know about it. If the delay is negligible we will continue to use this method and save \$60 a year...Audit committee also suggested that the Treasurer have an assistant to do nothing but collect dues - see announcement elsewhere...W3AWH was asked what the difference is between the terms

unlawful and illegal. Had to admit that he didn't know. It was then explained to him that unlawful means against the law, and illegal is a sick bird... W3YA just sent out his annual report. He has suggested a round robin letter among the League Directors as a means for filling the void between yearly meetings. Gil is also still thumping for the Washington office as reported here last month... The program for the May meeting will be a talk and demonstration on the parametric amplifier, a new concept in low noise amplifiers. The program will be delivered by personnel from Johnsville and was lined up by W3ZPP... W3JGB suggested that the club run another project to make some useful item on a production basis to improve operating convenience and make \$\$\$ for the club. Item decided on is a transistorized crystal oscillator for spotting Channel 1 and 2, operating from 6 or 12 volts. ED is going to make a model; if it goes over we'll make more... W3QQH had a hand mike with F1 button selling for \$2 that he picked up at a surplus emporium near 7th and Arch. See Jim for details... Mt. Airy VHF RC is sponsoring a meeting at Robbins Ave. Naval Supply Depot, May 1, 8 P.M. with Mason Southworth, W1VLH, presenting a talk with slides of the ARRL IGY Program.

The hucksters in the club should appreciate this one from Electronic Industries:

The letter was obviously written by an illiterate salesman:

"Dear Boss: I seen this outfit which they ain't never bought a dimes worth of nothing from us and I sole them a couple hundred thousand dollars worth of guds. I am now going to Chawgo."

Two days later a second letter arrived at the home office:

"I cum hear and sole them half a milyon," it said.

Both letters were posted on the bulletin board with a note appended by the company president:

"We been spendin too much time hear tryin to spel, instead of trying to sel. Let's watch those sails.

I want everybody should reed these letters from Gooch who is on the rode doin a grate job for us, and you should go out and do like he done."

Lately a few of the fellows have been handing ED a sheet loaded with scoop for the Blurb. As mentioned before, one man can't be everywhere at once, so if you rely on one man for all the news in this rag it will necessarily be limited in scope (and intellectual content). The more items received from different individuals, the more selective we can be, and ED's job will eventually be that of Editor instead of Chief Scoop Scrounger and Head Liar. This isn't a complaint, but the paper would be improved if you would jot down misc. dope heard on the frequency or elsewhere and hand to ED at a meeting. The sheet passed around at the meeting does not even get 1/100 of the items available, mainly because they are forgotten; but then, maybe it's better that way... W3UMK contributed the stuff in the paragraph below:

A noted photographer and remote control expert was heard on the Porcupine Net (29.4 mc) telling W3BJF, W3ORU, and W3IIR about the cost of replacing a fuse at a commercial facility set up to serve a small group of mobile stations. To make a long story short, the cost of the fuse was 8¢, but the cost of the mileage and labor time to get from the service company's location to the transmitting location in Roxborough came to \$67.92... George Walker, K3EJZ, who is an ex-British Merchant Marine radio operator, has succeeded W3AWH as Radio Officer of Lower Merion Township, thus freeing more of the Proxy's time for you-know-what... W3QQE, on Channel 1, helped W3UMK explore the merits and mostly the demerits of surplus BC-604 units on behalf of Lower Merion Twp... W3HYU reports that he has four to six weekends available before the boating season gets under full steam -- let's put him to work while we have a chance... W3HYU has amassed 100 confirmed countries and will apply for DXCC... Tree planting at W3WNC: Chief Supervisor was Anne Reicht; sundry other supervisory angles were brought up by W3OWK and K3EJS; W3WNC triumphed with respect to the exact engineering location.

of the peach tree, but Anne and Al were tied for maximum contributions to the roots, whether liquid or dry products were involved. Joe, W3UQV alerted Channel 1 to this great event and enabled our roving reporter to be on guard and stay to watch. K7BJS very kindly relieved W3UMK of the shovel after three or four spadefuls were moved out of the way, thus protecting the roving reporter from becoming exhausted.

.....
Consider this when attending
the next midmonth meeting:
ARE YOU HELPING WITH THE SOLUTION -

OR ARE YOU PART OF THE PROBLEM ?
.....

Doc, W3HQJ, has been busy patching high officials of the Panama Canal Zone to members of their families herabouts. He has received a handsome certificate, signed by the Governor, and officially sealed, testifying to his membership in the grade of Honorary Aide to the Governor, in the Esteemed Order of the Bearers of the Master Key to the Panama Canal Locks. Accompanying the certificate is a beautiful enameled replica of the key to be carried on a watch chain. The certificate will be hanging on the shack as soon as Grace has it framed. Above item was sent to ED by W3LNU. It's great to hear that hams have come through with helpful service again. W3DEJ is due to return to the States near the end of March. He then gets a 30 day leave after which he will be assigned to a National Guard training camp in Georgia. Jonsey is supposed to get out for good (whose good?) in the near future. The Mike Farad AFC located on the premises of "that other" local radio mfr is going to SSB operation from their club station, W3YDK. W3YJM is going to leave the glorious South Land to jine up with them damn Yankees in the no'th. Charlie is building a house at Blue Bell. Hopes to be in by July, and will begin immediately fortifying the new mansion for October 22. Both 12 and 6 volt Leece Nevilles are for sale by Concord Radio at low prices - they don't say they're used, but they must be...If you remember the WCAU radio program on CD a few years back (ED will NEVER forget that one) you will probably recall Ken Mayer who produced the show and was extremely helpful in publicizing ham radio and PMRC. Word of Ken's untimely death in another city where he was working was carried in the local papers recently. The new system of procuring prizes for the regular meetings is working out l/c. On the advice of W3OMK we now put the club's five box with the Almo certificate and get ten box worth of prizes. Last month's loot included a soldering gun, Call Book, SSB Handbook, Blitz Bug lightning arrestors and the usual small bags of goodies. The club has received a campaign brochure from W3ZRQ who is running for E. Pa. SCM. It will be posted in the meeting room.

REPORT ON INTERNATIONAL HOUSE

On April 11th, the club put on an hour long demonstration of ham radio at International House for students from foreign countries who are attending colleges in this area. In attendance were NIP, YJM, GIF, DSG, BSG and XYL, CW and XYL, CDY and XYL, DJE and AWH and XYLs. In spite of rainy weather, enough serious minded students turned out to make the effort worthwhile. YJM handled the Comm Truck as if he did it all the time, NIP was smooth and polished as the Answer Man and Explainer of Phil-Mont Film, and DJE brought and operated the sound motion picture projector necessary for our film. Checking in on frequency when needed were OMK, CJC, IVD, FWI, QV, WNC, KNC, PER and FLP. The students enjoyed the show and our film, truck, walkie-talkie and operational net scored a big hit. We also learned a lot about producing an entertaining and informative show for a community group. It might be good for Phil-Mont to put on similar shpws for interested civic groups.

de W3AWH

.....
In addition to a bunch of enticing Swap and Shop deals this month, W3QQH has come up with the items below. Incidentally, speaking of S & S, W3YJM is lending this department of the Blurb some real stature by submitting an item worth six bills. Too bad we don't have a ten percent clause any more. From QQH: W3YJM is constructing a new intercom setup. 25 watt transmitter from ED's French bomb, and a 3-6 mc ARC-5 with

xtal control will be used on both channel 1 and 2. It should be in pretty good shape for the new QTH...W3ETA has ordered a new car and finds no room for the usual run of commercial gear, so back to 1950-type with crystal controlled, channel switching transmitter and receiver mounted in the trunk. Nothing up front but a control head, mike and background noise. (ED note: I thought the background noise sat in the back seat.) Even the XYL likes this installation...Heath Company has furnished some changes for the MP-1 transistor power supply. Changes are being made, and report will be made when and if it blows up again...QQH has constructed and installed an intercom system for the house that should save mama a lot of steps. Amplifier and power supply are basement mounted; room units are merely speaker and switching devices. Input and output lines run thru the entire house in twisted unshielded pairs with no feedback evident. Cost was about \$9 per master, \$3 per remote, and \$20 for the amplifier and power supply...W3VVS was recently appointed CHAPLAIN for his Men's Bible Group. Can't think of a better guy for the job. He is presently finishing off the second floor guest room for the twins and plans to build a garage with appropriate antenna supports as soon as the weather breaks...Suggestion for name of the Red Bucket - comm truck to you is submitted by Elaine, QQH's XYL. Her choice: Gumbaudi's Gadget. (This doesn't cut any ice with ED who still goes for NIP's off-hand suggestion of Fluglebird)...Went by Germantown Hospital the other day, and lo and behold, there were pickets walking up and down in front of the place. Seemed a strange place for union trouble, so I asked the cop what the difficulty was. He said it was just a little labor trouble in the Maternity Ward.

THE LISTENING POST

Heard on and off Channel 1:

ADF successful in defeating sales tax on beer...AJO building mobile transmitter during lunch hours at work...APD sailing with Sea Scouts...BSG working on a mobile rig...CDY receiving good wishes on his recent job change...CNO still looking for Burt...Cub coming out from being under the weather...CW experimenting with a new circuit...EXY with power supply back in operation...Dou still collectin gear...DSG enjoying International House...FLP advising magazine writer to consider article on Phil-Mont...GCP now concerned with golf score instead of mobile signal...GIF being praised for committee work on WCAU-TV project...GOW and HFD enjoying Stag Banquet at Alpine Inn...LKI having transmitter trouble...NIP and student from Iran discussing problems of mutual interest...OWK first this year to fall asleep at a mid-month meeting...PKY wants more money in treasury...QCV pleased with his Black Widow mobile rig...QQH in charge of May meeting program...UMK the new Montgomery County Radio Officer...VSU taking care of food for Field Day...VXN in charge of field day which will be strictly mobile...YJM acting as net control while SAA replaces a transformer, Charlie's new house half built...ZAS handling traffic for KZ5FL...ZPP and DJE securing projector for club use...IGW working on two meter receiver...IRS checking from work as PIT...IVD now father of a television star...JIL flying during April snow storm and looking for a landing field...KDO demonstrating pet project at coming June meeting...KNC looking for a suitable film for meeting...LEM making mighty fine coffee first time with new percolator...

AND IW buying new Chevy and perhaps mobile again soon.

Be sure to tell all you see

The place to be is 29.493

From MONITOR

NEW APPLICATIONS FOR MEMBERSHIP

The purpose of this section of the Blurb is to present background material on prospective members, to serve as a basis for consideration of their applications at the following midmonth meeting. For this purpose ED is handed a bunch of completed application forms from which dope is to be extracted and written-up. However, with all respect to present and past applicants, we could be admitting Public Enemy No. 1, and as long as he was a ham who attended three of our meetings between jobs, nobody would know the difference. That doesn't mean we have to run an FBI check on anybody; the whole point is that the information on the application blank is not sufficient to acquaint ourselves with the new man. Probably no single form could be made that would get the information we need, so here comes the commercial: What we need is a "Glad-hander" for the Blurb the same as we have at the regular meetings. Beside getting enough dope for a brief sketch, the Blurb Gladhander would also be a valuable friend for the applicant. The one who gets the job would have to make it his business to find out who the new prospects are, what kind of equipment they have, their hobbies, other local radio clubs they belong to, and some background on what sort of work they do. He would then write up for publication and turn it over to ED. In other words, the Blurb is going to get a regular reporter, and even though he may not be able to tell a car thief from a bank president, at least we'll know something about his ham activities. Now to the new applicants for this month.

K3CJC - Toni Baylis. This one gal who contradicts the old saws about women talking so much. She uses about the best operating procedure on the frequency, and you would never know she is a ham of only a few months. Toni has been getting to our social affairs for several years now with her POP, W3IVD. You have to keep an eye on that guy Burt, it's beginning to look as though he will have a sure thing if he runs for office again! Toni is a student but arranges homework to leave time for ham activities. She is interested in Blurb, refreshment, picnic and FD committees. Her home station runs 35 watts on all bands and she operates mobile with 60 watts.

K3DJE - Robert Diefenderfer. Bob lives in Norristown where he has a 150 watt transmitter for all band operation. He is employed as an electrical planner and estimator at the Navy Yard which is also where quite a few of our members work. He is not mobile at present, but he is casting about for a mobile rig.

W3DJW - Jack Mahoney. Jack and his father have been to a lot of our regular meetings lately, and of course DJW has been calling into the 10-on-10 net for a long time. He has just gone mobile with a complete Gonset station. Jack goes to high school so he can monitor the channel after 1500 if the need arises. At home he is on all bands - 2 to 80 - and word via the WPRA Scoop indicates he has a dream lash-up there. As a resident of Philly, he is a member of Phila. AREC, and is also in the PA. RACES. On his application he indicates an interest in public relations among other things. His dad is not a ham but takes an interest in Jack's activities "to stay young".

K3EID - Michael D'Ambrosia. Mike is on Channel 1 very often during his travels around the town chasing down automobile parts, radio parts and what have you. His mobile rig runs 60 watts on all bands but when he is at home he has 150 watts available. Mike is the one who gave W3HQJ's car an extra special tune-up as reported in the Blurb recently. Club activities that interest him are Blurb, TVI and Auctions.

Received from Helen Brick, Editor "Pack Rats" Cheese Bits"

Mt. Airy V.H.F. Radio Club, Inc.

Just before going to press-----Hi: The following is an article that I received for the "Cheese Bits", and knowing that your club does a great deal of CD work, I feel sure that it is of importance to you.

"This summer the FCC will hold hearings concerning allocations in bands from 25 to 890 Mc. All interested parties are submitting their plans now, some are advocating sweeping changes in nearly every service including deleting TV channels 2 to 6, deleting some ham bands and shifting some ham bands. The following is what Motorola, Inc. is submitting to the FCC. Motorola is pushing for a great amount of land mobile frequencies, including all of the 6 and 2 meter bands. (Motorola makes land mobile equipment). Motorola suggests putting land mobile from 50-72 Mc and shifting the 6 meter ham band to 72-76 Mc. They also want land mobile on 140-166 Mc and shifting the 2 meter ham band to 136-140 Mc, with 136-138 ham frequency shared with space communication. They also want to put all TV on 174-345 Mc."

73 Helen

SWAP & SHOP

- 1- PE103A Dynamotor, used, working condition, very good shape, with heavy primary cables. No secondary (HV) cable or plug. Complete with base and shock mounts. New low price \$10.00
Note: this is not the one I purchased from the club a while back. I am still using that one W3SAA

Available from W3YJM--Su 9-3596

Brand new PE 103 in metal overseas shipping container, never opened purchased from club in 1957 \$ 15.00

National Select-o-ject \$ 15.00

Complete Phil-Mont broadband monitoring set-up:

BC-454 3 to 6 Mc rcvr

rtal cpntrolled converter

power supply ---- all mounted in box with speaker ready to go \$ 25.00

Complete mobile rig--including the CAR:

A-54 Elmac (operates on 10, 20, 40 and 75)

Carter genemoter

Gonset 3-30 converter ahead of broadcast rcvr

all mounted and operating in a 1954 Chevrolet with 39,000 miles good tires, fine engine and new generator and brakes

Drive away mobile on all bands for \$ 600.00

Car alone.....still \$ 600.00

Mobile rig alone..... \$ 150.00

SX-25 All band RCVR 500kc-42 mc in rack mount. Presently in use at this QTH.

Have original cabinet if wanted QQH \$ 40.00

Morrow 5-BR-LN Mobile converter 12 v connections. 75-10 mtrs. Exceptionally hot on all bands. QQH \$ 45.00

B & W Sideband Receiving adapter in excellent condition Model 370 New \$135 for sale at \$ 50.00 QQH

Fred Link FMTR Equipment Model 25 nbfm transmitters. Make easy conversion to intercom transmitter or use as is on FM. QQH \$ 10.00

Gonset Super-Six converter connected for 12 v Excellent condx QQH \$30.00

Gonset Mobile Tubeless VFO QQH \$ 15.00

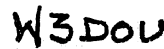
MC-300 Excellent condition W3BS \$ 250.00

Elmac AF-67 W3VXH \$110.00

PLEASE SEND ALL ITEMS FOR SWAP & SHOP TO W3QZO BEFORE 15th OF THE MONTH

Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week of 30 min of aerobic exercise at 70% of their maximum heart rate. The CON group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and after 12 weeks. The EX group showed a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise, compared to the CON group. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Audio



NOTE: FROM CONVERTER RF GOES INTO
"IF" TRANSFORMER - NOT A BC ANTENNA
TYPE COIL - THIS IS IMPORTANT!

C. R. Jones W3QAH
124 Central Ave
North Hill Pa

"THE BLURB"
A Phil-Mont Mobile Radio
Club Publication
2242 Cambridge Road, Broomall, Pa.
May 1959

FIRST CLASS MAIL

